

Application No. 10/529,436  
Reply to Office Action of December 23, 2009

**Amendments to the Specification:**

In the specification, please substitute the following paragraph for that found on page 14, first paragraph.

Good results have been obtained with a core material containing micro-spheres having an activation temperature of at least 120°C, wherein the free volume in the web is at most 80 vol.%. The free volume in the web may be 40% to 80%, preferably 60% to 70%. The web may be mechanically, physically or chemically bonded.